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# ***STARS & STRIPES***

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***MARCH 2011***

*Vo. VII*



***NATIONAL  
ANTHEM DAY  
MARCH 3<sup>rd</sup>***

## ***80<sup>th</sup> ANNIVERSARY***

The United States adopted the Star Spangled Banner as its national anthem on March 3, 1931. Francis Scott Key wrote the Star anthem on September 14, 1814, inspired by an American flag still standing over a bombarded Fort McHenry. "The Star-Spangled Banner" was recognized for official use by the Navy in 1889 and the President in 1916. It was made the national anthem by a congressional resolution on March 3, 1931, which was signed by President Herbert Hoover.



***THANK YOU FOR  
YOUR SERVICE***

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## ***VETERANS HISTORY PROJECT***

The Conejo DAR (Daughters of the American Revolution) is working together with video photographer Ed Lynch to record the histories of our veterans for the Library of Congress. In February, WWII Veteran Billye G. was the first resident to have her history recorded and submitted to the Library of Congress. This project is open to all of the residents, staff and volunteers of our Veterans

Home. If you are interested in making an appointment with the DAR and Ed Lynch to have your history recorded and submitted to the Library of Congress - please contact Lynda Griffin, Supervising Rehabilitation Therapist @ 805-659-7506 or email [Lynda.Griffin@cdva.ca.gov](mailto:Lynda.Griffin@cdva.ca.gov)

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## ***ACADEMY AWARDS***

Staff and Residents were invited to guess the top 6 categories :(Best Actor, Supporting Actor, Best Actress, Supporting Actress, Best Director and Best Movie)

**And the Winners are:**  
**David F. (Resident)**  
**Debbie Taft (Staff)**

*Article by Billye G.*

***“Like David  
Copperfield, I was  
born.”***



That is the first sentence of my autobiography, which was published in 2007. At this moment, I am beginning a newer version, at the request of Lynda, the lady who does everything for the population of the Veterans Home in Ventura.

Having been born on a dairy farm in Southwest Missouri is possibly not the most exciting event in my life - - so be it! At age 3, my family (mom and pop and I) moved to Flint, Michigan. My parents bought a house. During the Depression, they lost the house. Then began a series of moves - - my Dad told my Mother to find a rental home. Every time the rent was raised; we moved into something cheaper. So, when I was 15, my father built a house one block outside the city limits - - three rooms and a bathroom.

I cannot believe, today, that I lived under such primitive conditions.

Therefore, at age 20, I moved out. I had enlisted in the Navy. There was not one moment of home sickness... I was having a great time, living a wonderful experience. In three years, I flew as a flight attendant on a C-47 (2 engine airplane). In those three years, I flew 4.4 hours per day, five days a week, four weeks per month, 11 months a year, totaling 2,940 hours of flight time.

I married Arthur Newlee an electronic technician. We lived in half a Quonset Hut that was located in a small village across the river from the base. There were many ‘close calls’ in those 5-days-a-week times. Art was transferred to a Navy base in Washington, D. C. I was moved to the squadron’s temporary office in D. C. The Officer in Charge of that office had no need for a stew, so he placed me into an office, still at the airport, headed by an Air Force Major. The Captain of that office came to work one morning and noticed that I was writing something in shorthand. By mid-morning, I became the Major’s stenographer.

In due time, the squadron was to be moved - - lock, stock and barrel to the West Coast. It was time for me to leave the Navy. I cried all the way home on the day I was discharged.

Then, I ‘fell into’ a job at NACA, forerunner of

NASA. Many happy and comical days followed.

The next things we knew, my husband was scheduled to be transferred to a Navy group in Rio de Janeiro, Brazil. We had a month to prepare. My husband took classes in Portuguese and Spanish. I needed only the Portuguese because I would not be traveling to Spanish speaking countries like my husband.

In due time (again), my cohorts (wives of the other members of the airplane crew for the Admiral’s airplane) and I decided to go out for dinner on one of those days our husbands were away on a flight. We were seated and served when we noticed strange behavior among the diners around us. They were staring at us, and they were GLARING at us. We were bewildered. When the Admiral’s plane returned, I told Art about the wives’ experience in the restaurant. My husband said “Let me run this by a Dona Dulce. She was the Portuguese teacher for the Admiral’s crew. Later on, Art was able to explain the stares and ‘dirty looks.’ The Brazilian men and women at the restaurant were showing their disapproval. We were out in public without a male escort!

After two and a half years in Rio, we were transferred back to the U.S.A. and lived and worked in D. C. Art worked in the radio shop, and I worked in an

office. Then, another transfer: all the way out to the island in the Pacific Ocean – Guam. To keep up on my stenography, I worked as a volunteer in the Red Cross office.

One of my two boys was in school; the other attended day school for pre first graders. I got pregnant, and boy number three was born: Douglas Lyons Newlee. While in the hospital for that event, I shared a room with a Guamanian woman. The Priest came to visit her. As he prepared to leave the room, one hand on the handle, he turned towards me and ... winked! He what?

In 1954, we were transferred to Patuxent River, MD, a two year stint. Then we were living in Hutchinson, KA for another two years. It was freezing in the winter and melting in the summer. A one year stint, this time at Millington, Tennessee. From 1959 to 1962, we lived on Guam.

My future, it turned out, was another move - - into the Veterans Home in Ventura. August 24, 2011 was when I moved in. I knew, at the end of the first day, that I had come to the right place. I cannot find the words to express my delight with my new home. The staff is superb - - and to company (Vets) is delightful.

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## **KATIE'S KORNER**

*Katie Gales*



Well as my first entry into our infamous newsletter I find that the topic of Financial Journaling is a lost talent for keeping our finances in their proper places so I have included some journaling suggestions that you might find helpful. Happy Savings ; )

### **FINANCIAL JOURNALING**

Why not expand your record keeping and begin a financial journal?

#### **The benefits of financial journaling :**

**You think clearer.** People think clearer when they write out their thoughts which can help your success. This provides you with a better picture of your financial situation.

#### **It improves your focus.**

A person focuses more on a subject when they have to write it out. Instead of a million thoughts going on in your head, you can zero in on just one.

#### **It provides chronological documentation.**

Documentation of all you do and want financially

helps tremendously when analyzing your habits and setting goals.

**It can be used to help others.** Help your children learn from your mistakes and triumphs. And if you aren't shy, share it with others outside your family. Many people are using blogs to relay their personal experiences in debt reduction and wealth creation.

### **What your Financial Journal should include:**

**Set goals to achieve financial success.** We all need goals. Financial goals are especially important if we want to stay financially sound. Make sure you note when and how you succeed once you achieve these goals.

#### **How you save money.**

What did you do to save money today? Write down or list the things you did to save yourself money. This could be not eating out, carpooling, whatever. Just make sure it is something you achieved, not something you do anyway.

#### **How you make money.**



This should be outside your ordinary income. Writing, "I went to work" is not very satisfying. Put something down like, "I sold that old desk I don't ever use." It could also be something like, "I helped a project by cutting costs by 2 percent." This is what you would flag for later review to see if this actually got you more money by getting a raise.

### **Create a point system.**

Have a little fun with your financial journal. Make a game out of it. Maybe create a point system based on income or net worth. Every dollar can be a point. The object of your game could be to earn more points each month than the previous. If your goal is debt reduction, every month your debt should get smaller. You could also set a time limit and connect it to a goal in your goals section of the journal.

Any way you choose to do it, you can increase your ability to take control of your financial situation.



**Saint Patrick's Day** (Irish: *Lá Fhéile Pádraig*) is a religious holiday celebrated internationally on March 17th. It is named after Saint Patrick (c. AD 387–461), the most commonly recognized of the patron saints of Ireland. It originated as a Catholic holiday and became an official feast day in the early 17th century. It has gradually become more of a secular celebration of Ireland's culture. It is a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland and Labrador. It is also widely celebrated by the Irish especially in places such as Great Britain, Canada, the United States, Argentina, Australia, and New Zealand, among others.

### **Wearing of the green**

Originally, the color associated with Saint Patrick was blue. Over the years the color green became associated with Saint Patrick and St. Patrick's Day. Green ribbons and shamrocks were worn in celebration of St Patrick's Day as early as the 17th century. He is

said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish, and the wearing and display of shamrocks and shamrock-inspired designs have become a ubiquitous feature of the day. In the 1798 rebellion, in hopes of making a political statement, Irish soldiers wore full green uniforms on 17 March in hopes of catching public attention. The phrase "the wearing of the green", meaning to wear a shamrock on one's clothing, derives from a song of the same name.

Article from Wikipedia

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## ***MARCH BIRTHDAYS***



### ***To our Residents***

3/5 – Jim W

3/11 – T.C.

3/18 – Fred S.

### ***To our Staff***

3/2 – Mindy L

3/2 – Delsie A

3/5 – Lynda G

3/5 – Gloria I

3/11 – Cindy A

3/11 – Andresa O

3/15 – Allen C



3/20 – Vanessa R

3/20 – Janell W

3/22 – Janice Y

3/25 – Heidi L

3/31 – Amber H

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**CINDY'S KITCHEN**  
**Cindy Gambill**  
**Does Color**  
**Matter?**

March is National Nutrition Month, part of the American Dietetic Association's drive to promote healthy eating habits for all Americans. This year, the theme is "Eat Right With Color".

For many, the most important part of the meal is how the food tastes. Taste is very subjective and there are many factors that would influence what a person calls tasty. We forget that we actually "taste" food first with our eyes and our nose. The aroma of food triggers the brain to stimulate the digestive system so the body is ready to consume food. The key to developing a great menu that is visually appealing as well as nourishing is planning. Menus are planned on a rotation cycle based on the seasons of the year. Different fruits and vegetables are more readily available based on the time of year. Planning allows us to select fruits and vegetables from each color group which leads to healthy results.



Red Fruits and Vegetables get their color from natural plant pigments: "lycopene" found in tomatoes, watermelon and pink grapefruit, and "anthocyanins" found in strawberries, red cabbage and beets.

Orange/Yellow Fruits and Vegetables get their color from natural plant pigments called "carotenoids". Beta "carotenoids". "Beta-carotene" is found in sweet potatoes and carrots. "Beta-carotene" is converted to Vitamin A which helps with the development of healthy skin and eyes. Citrus fruits are a great source of Vitamin A.

Green Fruits and Vegetables get their color from "chlorophyll" (spinach, cucumber and green peppers). Leafy greens are also a good source of folate.

Blue/Purple Fruits and Vegetables get their color from "anthocyanins" (blueberries, grapes and raisins). They act as antioxidants which

help to reduce risk for cancer, stroke and heart disease. Blueberries are also linked to improved memory functioning and health aging.

White Fruits and Vegetables colored by pigment called "anthoxanthins" (bananas, cauliflower, and mushrooms). They contain "allicin" which helps to lower cholesterol and blood pressure. Good meal planning will result in good plate presentation with a good color mix, leading to healthy food choices of items from all color groups.

(Article from Morrison Management Specialists)

**FEATURED QUOTE:**

"Nature never did betray the heart that loved her."

~William Wordsworth

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**MARCH HAS**  
**MANY DIVERSE**  
**HOLIDAYS:**

1<sup>st</sup> Peace Corps Anniversary  
2<sup>nd</sup> National Banana Cream Pie Day and Dr. Seuss's Birthday  
3<sup>rd</sup> 80<sup>th</sup> Anniversary of National Anthem Day  
4<sup>th</sup> 124<sup>th</sup> Annual World Day of Prayer  
8<sup>th</sup> Mardi Gras  
11<sup>th</sup> Employees Appreciation Day

12<sup>th</sup> Anniversary of the  
Founding of the Girl  
Scouts of the USA (1912)  
13<sup>th</sup> Daylight Saving Time  
Begins  
13<sup>th</sup> Plant a Flower Day  
15<sup>th</sup> Ides of March  
17<sup>th</sup> St. Patrick's Day  
20<sup>th</sup> Spring Begins  
31<sup>st</sup> Opening Day of  
Major League Baseball  
(MLB) Season



## Mardi Gras

**March 8, 2011**

"Mardi Gras" means "Fat Tuesday." Traditionally, it is the last day for Catholics to indulge—and often overindulge—before Ash Wednesday starts the sober weeks of fasting that come with Lent. Formally known as Shrove Tuesday, Mardi Gras has long been a time of extravagant fun for European Christians. In the United States, Mardi Gras draws millions of fun-seekers to New Orleans every year. Mardi Gras has been celebrated in New Orleans on a grand scale, with masked balls and colorful parades, since French settlers arrived in the early 1700s. Hidden behind masks, people behaved so raucously that for decades in the early 19th century masks were deemed illegal in that

party-loving city. They open the day by spreading jazz music through the city before the more than 350 floats and 15,000 costumed "paraders" take over the scene. Crazy costumes and wild make-up are the order of the day for "paraders" and parade-watchers alike. The millions of colorful beaded necklaces thrown from floats are the most visible symbols and souvenirs of Mardi Gras.

## History of King Cakes



A very popular custom that is still celebrated during Mardi Gras is the baking of the "King's Cake" which represents the three kings who brought gifts. A plastic baby is baked inside the King Cake, and the tradition is whoever receives the baby in their piece of cake must buy the next King Cake or throw the next party. King Cakes are made of cinnamon filled dough in the shape of a hollow circle. The cake is topped with a delicious glazed topping and then sprinkled with colored sugar. The three colors of the sugar are Purple (representing Justice), Green (representing Faith)

and Gold (representing Power).

Article from Wikipedia



## MARCH COMMUNITY OUTINGS

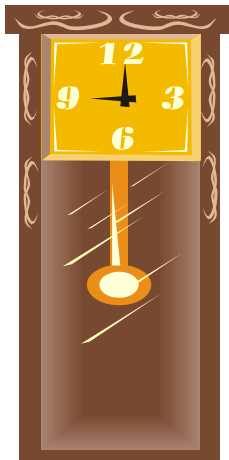
3/2 – Chumash Casino  
3/6 and 3/27 – Sunday  
Shopping Trips  
3/9 – Ventura Mission  
Museum  
3/16 – Derby Club /  
Ventura Beach  
3/23 – Swap Meet or  
Shopping Trip  
3/30 – Mystery Trip

## Special Programs / Events in March:

Tuesdays (starting on  
**March 1<sup>st</sup>**) from 1:30 –  
2:30 – Ventura YMCA  
Arthritis Aquatic Class  
**March 3<sup>rd</sup>** – Barber Ron  
will be giving free hair  
cuts starting @ 9:00 AM.  
**March 5<sup>th</sup>** – Memorial  
Services for Mike H.  
**March 8<sup>th</sup>** – Mardi Gras  
Poker Party  
**March 9<sup>th</sup>** – Chair  
Massages (\$12.00)  
**March 12<sup>th</sup>** – Courtyard  
BBQ  
**March 17<sup>th</sup>** – St Patrick's  
Day Party  
**March 19<sup>th</sup>** – Root Beer  
Float Social  
**March 20<sup>th</sup>** – Spring  
Brunch @ 11:30 AM  
**March 23<sup>rd</sup>** – March  
Birthday Party with the  
"Tune Bandits"

**March 27<sup>th</sup>** – Community  
Garden Work Day  
**March 29<sup>th</sup>** – Coca Cola  
vs. Pepsi Taste Challenge  
**March 30<sup>th</sup>** – Welcome  
Home Vietnam Vets Day /  
Hot Dog Buffet  
**March 31<sup>st</sup>** – Cesar  
Chavez Day  
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**REMINDER TO  
CHANGE YOUR  
CLOCKS FOR  
DAYLIGHT SAVINGS  
TIME ON MARCH 13<sup>TH</sup>**



***JANUARY AND  
FEBRUARY  
MEMORIES***

**CHINESE NEW YEARS  
FEBRUARY 3, 2011  
YEAR OF THE RABBIT**



**VALENTINE'S DAY  
WITH "ENDLESS  
HARMONY"**



**MORRISON DINING  
ROOM STAFF**



**TEXAS HOLD'EM  
POKER PARTY**



**Editor: Vicki  
Schmaeman**